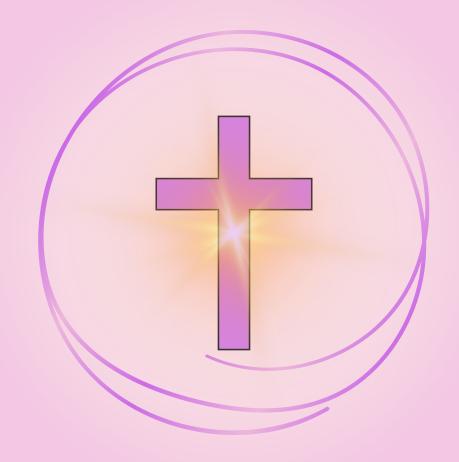
Give It To God

Healing Affirmation Prayer Journal



I AM FEARFULLY AND WONDERFULLY MADE.
PSALMS 139:14

Strength In Beauty has created this
Healing Affirmation Prayer Journal for you
to download and be able to access
anytime of the day!

With 100 Positive "I Am" Affirmations you will start to see yourself transform from being stressed to blessed. Life is easier when you can just write it down and give it to God. Staying organized in your daily life is important because you can create a routine to break bad habits while creating healthy ones! **

In this digital notebook you will find weekly mental check ins, daily positive "I Am" affirmations along with a weekly planner to keep both your mental and physical life in order.

#GivingBeauty

I AM FEARFULLY AND WONDERFULLY MADE PSALMS 139:14

Strength In Beauty
GIVINGBEAUTY



Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS O O MY RANKING OF MY MENTAL HEALTH THIS WEEK

WEEKLY PLANNER

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM FEARFULLY AND WONDERFULLY MADE
PSALMS 139:14

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM BLESSED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM A CHILD OF GOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM CHOSEN

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM FORGIVEN

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM ACCEPTED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM HUMBLE

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS

WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM GENTLE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM FAITHFUL

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM LOVING

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM HAPPY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM JOYFUL

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM THANKFUL

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM KIND

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
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WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM NOT WEARY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM STRONG

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM FREE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM HEALING

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM VALUABLE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM SUFFICIENT IN GOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM RIGHTEOUS

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
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HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS

WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

I AM FREE FROM CONDEMATION

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:

I AM NEVER ALONE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM FILLED WITH JOY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM A CROWN OF BEAUTY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM HUMAN

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM BEAUTIFUL

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM DESERVING

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
	THINGS THAT TRIGGERS NEGATIVE
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	EMOTIONS
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	MY RANKING OF MY MENTAL HEALTH THIS WEEK

WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM CARING

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM CONFIDENT

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM PASSIONATELY LOVED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM A NEW PERSON IN CHRIST

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM EXTRAORDINARILY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM PROVIDED FOR

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:

I AM COURAGEOUS

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM A CONQUEROR

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
	THINGS THAT TRIGGERS NEGATIVE
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	EMOTIONS
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WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM FEARLESS

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM PURE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM PATIENT

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM COVERED IN GOD'S ARMOR

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM ENOUGH

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM NOT ALONE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM WRAPPED IN GOD'S ARMS

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM AT PEACE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM ACCEPTED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM RESPECTED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM ENTHUSIASTIC

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM GRATEFUL

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM LOVED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM WORTHY

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM GRATEFUL FOR EACH BREATH GOD GIVES ME

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM CHOSEN BY GOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM LOVED BY GOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM POWERFUL WITH GOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM CREATED IN GOD'S IMAGE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM A NEW CREATION IN CHRIST

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM CAPABLE

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS

WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM FREE FROM ANXIETY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM FREE FROM DEPRESSION

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM HEALED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM HOLY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM EQUIPPED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM SANCTIFED

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
	THINGS THAT TRIGGERS NEGATIVE
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	EMOTIONS
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	MY RANKING OF MY MENTAL HEALTH THIS WEEK

WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM RENEWED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM MADE NEW

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM SAFE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM SEEN

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM HEARD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM JUSTIFED

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS

WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM DELIVERED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM SECURE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM APART OF GOD'S FAMILY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM SAVED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM THE LIGHT OF THE WORLD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM ALIVE WITH CHRIST

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM FULLY FORGIVEN

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS

WEEKLY PLANNER

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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM STRONG IN CHRIST

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM AN OVERCOMER

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM COMPLETE IN CHRIST

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM A BEAUTIFUL DAUGHTER OF GOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM A SINNER

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM WASHED IN GOD'S BLOOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM ZEALOUS OF GOOD WORKERS

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR	THINGS THAT TRIGGERS NEGATIVE EMOTIONS
MENTAL HEALTH?	0
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	MY RANKING OF MY MENTAL HEALTH THIS WEEK

WEEKLY PLANNER

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
TO DO LIST	SUNDAY	NOTES
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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM GIVING

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM SEALED WITH THE PROMISED HOLY SPIRIT

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM KEPT BY THE POWER OF GOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM LEAD BY THE HOLY SPIRIT

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM GUIDED

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM UNDERSTOOD

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM HEALED BY HIS STRIPES

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
	THINGS THAT TRIGGERS NEGATIVE
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	EMOTIONS
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	MY RANKING OF MY MENTAL HEALTH THIS WEEK

WEEKLY PLANNER

MONDAY	TUESDAY	WEDNESDAY
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TO DO LIST	SUNDAY	NOTES
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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM INNOCENT BEFORE HIM IN LOVE

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM UNTO HIS GLORY

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM QUICKENED TOGETHER WITH CHRIST

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM FORGIVIN FROM ALL SIN

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM CHOSEN IN HIM

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:		

I AM DELIVERED FROM EVIL SPIRITS

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:	

I AM A WOMAN OF GOD

Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE
	DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	<u> </u>
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	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
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WEEKLY PLANNER

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THURSDAY	FRIDAY	SATURDAY
TO DO 1107	CHAIDAY	Notes
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	KEEP GOING!	

START EACH DAY WITH POSITIVE AFFIRMATIONS

DATE:			

I AM ELEVATED TO HEAVENLY PLACES

HELP US BY MAKING A DONATION TO STRENGTH IN BEAUTY'S NON-PROFIT ORGANIZATION

STRENGTHNBEAUTY. COM

Strength In Beauty
GIVINGBEAUTY